

# Ask SHIP

June, 2018



LOCAL HELP FOR PEOPLE WITH MEDICARE

**Q: The men in my family have a history of heart disease. Does Medicare cover any kind of screenings?**

**A:** June is Men's Health Month!

Let's take a look at ways Medicare helps you stay healthy, as well as what preventive care it covers especially for men!

**“Welcome to Medicare” preventive visit**

Medicare covers a one-time preventive visit within the first 12 months that you have Medicare Part B (Medical Insurance). This visit is called the “Welcome to Medicare” preventive visit. The visit is a great way to get up-to-date on important screenings and shots and to talk with your doctor about your family history and how to stay healthy.

This visit is only covered one time, and you must have the visit within the first 12 months you're enrolled in Part B. You pay nothing if your doctor accepts assignment.

**Yearly “Wellness” visit**

If you've had Medicare Part B (Medical Insurance) for longer than 12 months, you can get a yearly “Wellness” visit to

develop or update a personalized prevention plan based on your current health and risk factors.

It is covered once every 12 months. You pay nothing for this visit if your doctor accepts assignment.

**Cardiovascular Screenings**

Every five years, Medicare covers cardiovascular disease screenings that check your cholesterol and other blood fat (lipid) levels.

**Cardiovascular Disease (Behavioral Therapy)**

Medicare covers one visit per year with your primary care doctor to help lower your risk for cardiovascular disease.

**Obesity screening & counseling**

Medicare covers behavioral counseling sessions to help you lose weight. This counseling may be covered if you get it in a primary care setting (like a doctor's office). All people with Medicare Part B (Medical Insurance) who have a body mass index (BMI) of 30 or more are covered. You pay nothing for this service if your primary care doctor or other qualified

primary care practitioner accepts assignment.

**Prostate cancer screenings**

You will pay 20% of the Medicare-approved amount for a yearly digital rectal exam and for your doctor's services related to the exam. The Part B deductible applies. In a hospital outpatient setting, you pay a copayment. You will pay nothing for a yearly PSA blood test. If you get the test from a doctor that doesn't accept assignment, you may have to pay an additional fee for the doctor's services, but not for the test itself.

**Colorectal cancer screening**

Medicare covers colorectal cancer screening tests to help find pre-cancerous polyps (growths in the colon), so polyps can be removed before they become cancerous and to help find colorectal cancer at an early stage when treatment works best. All people with Medicare 50 and older are covered.

If you have questions about Medicare Preventive Care or your Medicare coverage, call SHIP at 1-800-452-4800, 1-866-846-0139 TDD or online at [www.medicare.in.gov](http://www.medicare.in.gov).

SHIP is a free, impartial counseling program provided by the Administration on Community Living and the Indiana State Department of Insurance.